



TOWN OF NORTH HEMPSTEAD
SUPERVISOR JUDI BOSWORTH, THE TOWN BOARD AND
THE DEPARTMENT OF SERVICES FOR THE AGING PRESENT:

Improve Your Balance, Strength, and Flexibility Tai Chi



8 Week Course*

Classes will be offered twice weekly.

Fridays

3/4, 3/11, 3/18, 4/1, 4/8, 4/15, 4/22 & 4/29

10 a.m.-11 a.m.

&

Mondays

3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18 & 5/2

11:30 a.m.-12:30 p.m.

North Hempstead "Yes We Can" Community Center

PI Senior Lounge

141 Garden Street, Westbury, NY 11590



Please wear comfortable clothing and secure footwear (lace up shoes or sneakers).

Please call 311 or 869-6311 to register or for more information.

**You must commit to 11 out of the 16 classes offered.*

CALL 311 OR (516) 869-6311
NORTHHEMPSTEADNY.GOV

Town of North Hempstead
Project Independence